

Mexican Salad with Hearts of Palm and Mango

Approximately 8-12 servings

Salad Ingredients

- 2 cans (15.5 oz.) black beans, rinsed and well drained
- 1 14-oz package of frozen corn, thawed and well drained
- 1 pint grape tomatoes, rinsed and cut in half
- 1 red onion, minced (approximately $\frac{3}{4}$ cup)
- 2 ripe mangos, pitted, peeled and finely chopped
- 2 cans (7.5 oz.) hearts of palm, rinsed, well drained, cut lengthwise, then cut into $\frac{1}{4}$ " half-rounds
- 1-2 heads romaine lettuce, rinsed, dried, thinly sliced and chopped (approximately 5-6 cups)

Dressing Ingredients

- $\frac{1}{4}$ cup fresh lime juice (approximately 2-4 limes)
- 1-2 jalapeno(s), minced (1 large or 2 small)
- 4 cloves garlic, peeled and minced
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. ground pepper
- $\frac{1}{2}$ tsp. salt
- 2 tbsp. honey
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup fresh cilantro, finely chopped

Preparation

1. Mix all salad ingredients (minus the lettuce) in a large bowl.
2. In separate bowl, whisk all of the dressing ingredients, minus the olive oil and cilantro, together. Slowly whisk in the olive oil into the dressing until combined. Stir in the cilantro.
3. Pour dressing over mixture and toss again. Season with salt and pepper to taste.
4. Place lettuce in an "O" ring shape in bottom of shallow, large serving bowl or platter. Pour salad into the "hole" such that the lettuce surrounds the salad. Serve with fresh lime wedges.

NOTE: Steps 1-3 can be prepared a few hours – or even up to 24 hours – ahead. Simply cover the combined salad and refrigerate the mixture until 30 minutes before serving.